



Adult Schedule



DETHRONE 2 (Clovis & Clinton)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:00 AM						HIIT Circuit 9 - 10 AM	
9:30 AM							
10:00 AM							
5:00 PM							
5:30 PM	HIIT Circuit 5:30 - 6:15 PM	HIIT Circuit 5:30 - 6:15 PM	Jiu Jitsu Fundamentals* 5:30 - 6:30 PM	HIIT Circuit 5:30 - 6:15 PM	HIIT Circuit 5:30 - 6:15 PM	Jiu Jitsu Fundamentals* 5:30 - 6:30 PM	
6:00 PM							
6:30 PM	Adult Boxing 7 - 8PM	Jiu Jitsu All Levels 6:30 - 7:30 PM	Adult Boxing 6:30 - 7:30 PM	Jiu Jitsu All Levels 6:30 - 7:30 PM	Adult Boxing 6:30 - 7:30 PM	Jiu Jitsu All Levels 6:30 - 7:30 PM	Jiu Jitsu Open Mat 6:00 - 7:30 PM
7:00 PM		Muay Thai 7:30 - 8:30PM		Jiu Jitsu All Levels 6:30 - 7:30 PM			
7:30 PM							
8:00 PM							
8:30 PM							



Dethrone Mixed Martial Arts



@dethronefresno

* Fundamentals Class = All First Year Students